

New Health Care Model - Hospital Services working with Community Partners as a Team Improves Diabetes Care

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CRN, The Hong Kong Society for Rehabilitation

TWGHs Ko Wong Mo Ching Memorial Holistic Healthcare Centre

Diabetes Hongkong

St James' Settlement

HKEC Symposium on Community Engagement IV 18.4.09

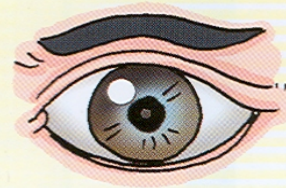
Diabetes Mellitus

- An epidemic
- 700,000 Hong Kong people affected

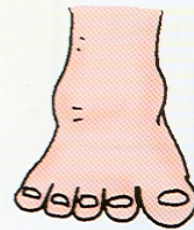
Dire Consequences

- *Patient sufferings : more than our imagination*

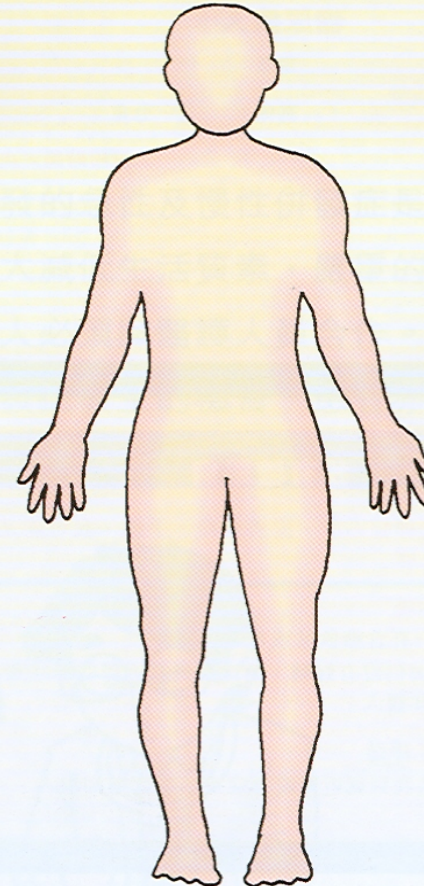
- Physical
- Psychological
- Social
- Family
- Work



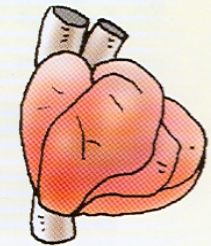
失明 — 視網膜病變
— 白內障
— 青光眼



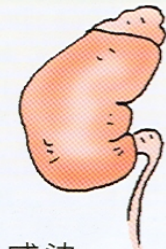
— 足部循環及
神經系統病變
— 感染
— 潰瘍和壞疽
— 嚴重者會導致截足



中風



心臟病



感染、
腎衰竭

Holistic Diabetes Care - Beyond the traditional focus

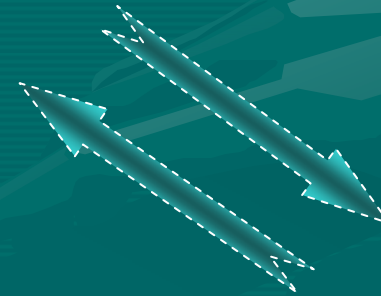
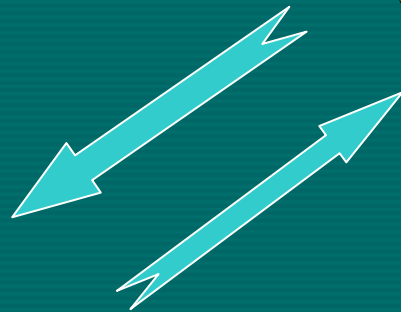
- Doctors Consultation
- DM Education
- Complication Screening

We can't work alone



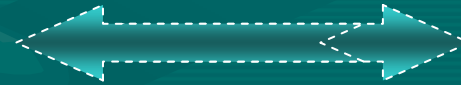
Patients

Poor quality of life



HOSPITAL

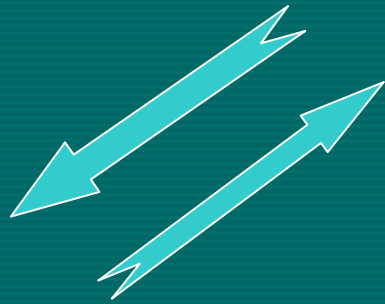
Heavy work load



NGOs

Faithful allies in
Diabetes care

Work together



HOSPITAL



NGOs

Brainstorm meetings/visits

- Starting 9/2007
- Hong Kong East Cluster Diabetes Services
- NGOs, Hong Kong Island



Design Programmes

- Target vs
 - Psychological support
 - Social interaction
 - Exercise enhancement
 - Dietary advice



12/2008 : Total 23 programmes



香港復康會
The Hong Kong Society
for Rehabilitation

社區復康網絡



聖雅各福群會 社區營養服務及教育中心

St. James' Settlement

Community Nutrition Services and Education Center



東華三院高黃慕貞紀念全人健康中心暨AJR慈善基金復康診所

TWGHs Ko Wong Mo Ching Memorial Holistic Healthcare Centre cum AJR Charitable Foundation Rehabilitation Clinic

Hospital DM Services

- Pamela Youde Nethersole Eastern Hospital
- Ruttonjee & Tang Shiu Kin Hospital
- Tung Wah Eastern Hospital

Merging programmes into usual diabetes care

港島東醫院聯網 糖尿病~社區復康課程 轉介表

請在下列課程加上☑，以轉介患者參加，促進復康/自我管理疾病能力。

姓名：_____ (中) _____ (英)
性別：_____ 電話：_____

機構名稱	課程分類				課程/活動名稱
	運動	營養	社交	自助課程	
A. 香港復康會社區復康網絡 Tel:2549 7744 Fax:2549 5727					1. 拉筋及負重運動班
					2. 心肺耐力鍛鍊班
					3. 心情新角度
					4. 身心力行課程
					5. 「識飲識食」健康飲食課程
B. 聖雅各福群會 Tel:2831 3254 Fax:3422 3694 (永嘉諾健體中心 Fax: 2575 8347)					6. 排排舞
					7. 永嘉諾健體中心
					8. 體重控制飲食工作坊
					9. 成為「營養之友」
					10. 水中帶氧活力操
C. 東華三院高黃慕貞紀念 全人健康中心 Tel:2836 6101 Fax:2836 6231					11. Keep fit 修身至型人
					12. 混元太極拳
					13. 晚間健康小聚
D. 香港糖尿聯會 Tel:2723 2087 Fax:2723 2207					14. 興趣班-茶藝 4 月班;瑜珈 4 月班; 國畫 4 月班;書法 5 月班
					15. 糖尿飲食工作坊 4 月 25 日(六) - 食物的升糖指數與血糖控制 20 Jun - Talk on Metabolic Syndrome and Diet
					16. 公開教育講座 - 5 月 31 日(日) - 對糖尿病的謬誤
					17. 烹飪示範 - 4 月 29 日 - 八寶醬撈上海麵及素雞蠔油煎蛋
					18. 義工訓練課程 5 月 30 日(六) - 認識長者的特性及需要 6 月 - 12 月 - 基礎護理培訓 - 糖尿病
E. 港島東醫院聯網糖尿病中心 Tel:2595 6940 Fax:2904 4670					19. 徒步及跑步小組
F. 東華東院糖尿病中心 Tel:2162 6007 Fax:2162 6012					20. 糖尿病人運動班
G. 東區醫院勿糖組 Tel:2595 6342 Fax:2595 6085					21. 羽毛球同樂日
H. 律敦治及鄧肇堅醫院健糖會 Tel:2291 1883 Fax:2291 1367					22. 太極氣功 18 式
					23. 楊家太極 24 式

須附上醫生
同意書，並將
此表格交予
糖尿科護士

轉介醫院：# 東區醫院 / 律敦治及鄧肇堅醫院 / 東華東院 (#請刪去不適合的地方)

轉介人：_____ 電話：_____ 日期：_____

- * 東區醫院病人請前往專科門診大樓地庫一樓東翼「病人支援站」(近抽血站旁)登記及預約
- * 律敦治及鄧肇堅醫院病人請前往專科門診部 39-40 號房登記及預約

病人同意

- 本人同意港島東醫院聯網將本人個人資料(姓名、年齡、性別及電話資料)轉介往上述指定復康機構或病人組織作跟進，參加活動與否最終由病人決定。
[簽署：_____ 日期：_____]
- 病人已口頭上答應將個人資料(姓名、年齡、性別及電話資料)由本院轉介往上述指定復康機構或病人組織作跟進，參加活動與否最終由病人決定。

病人支援站義工或職員專用

- 已得病人同意作轉介
 已派發有關活動單張作參考
 已將病人資料傳達至有關機構

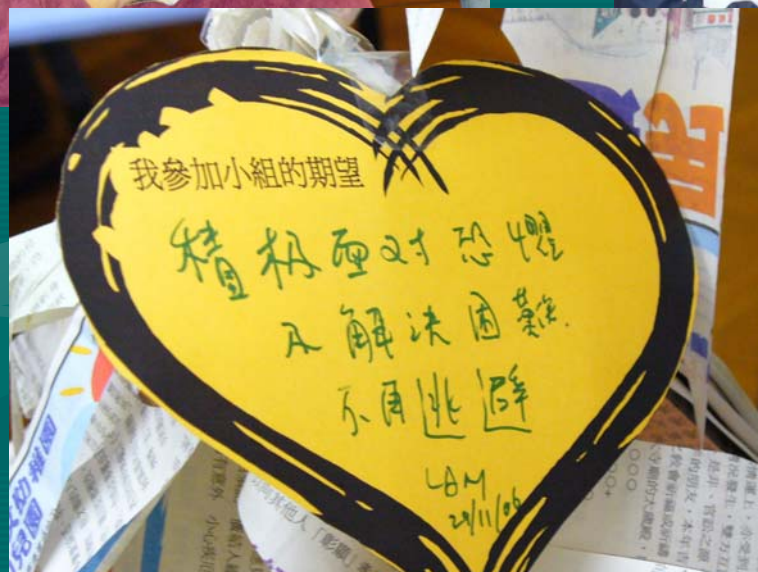
簽署：_____

日期：_____

Merging programmes into usual diabetes care

- Identifying suitable patients :
 - Hospital DM Team during doctor/nurse consultations
- Refer to NGOs :
 - Hospital Patient Resources Centre/DM Team
- Provision of Services :
 - NGOs

Community Rehabilitation Network



St James Settlement



TWGHs Ko Wong Mo Ching Memorial Holistic Healthcare Centre



Diabetes Hongkong



Up to 12/2008

- No of patient referred to NGOs: 948
- No of actual patient attendance at NGOs: 670
(70.7%)

Marathon Training –

Diabetes Hongkong/HKEC  *10 Km Marathon*

Mr Tang M/52

- BW: 71.1 → 64.0kg
- A1c: 12.0 → 7.2%
- TC: 5.1 → 4.9

Mr Li M/52

- BW: 79.5 → 75.0kg
- A1c: 8.0 → 6.1%
- TC: 6.2 → 5.4

Excellent Self Care & Motivation

Community Rehabilitation Network

身心力行 for 3 months

Mr Lam M/58

Ms Leung F/49

- BW: 98.0 → 93.3kg
- BMI: 30.9 → 28.8
- A1c: 9.5 → 6.3%
- A1c: 7.4 → 6.5%

Improved self care, ↓ oral drugs

Hurdles

Hospital

- Staff acceptance
- Limited resources
- Burnt out

NGOs

- Resources
- Staff acceptance

Logistic issues

Patients

- Financial problems
- Busy life style
- Medical practice culture

Conclusions

- New culture : merging community services into traditional medical care of diabetes
- Appears cost effective, many difficulties though
- Resources needed for the new health care model
- More studies are required – outcomes and cost effectiveness

Thank you

